

Monday 12

Each for time:

Run: 10x 100 m

+ Optional Accessory M

Tuesday 13

AMRAP20 of: Jack

10 Push Press, 115/80 lbs

10 Kettlebell Swings, 1.5/1 pood

10 Box Jumps, 24/20 in

+ Optional Accessory GW

Wednesday 14

3 rounds for time of:

21 Deadlifts, 155/105 lbs

15 Bar Facing Burpees

12 Chest-to-bar Pull-ups

9 Front Rack Lunges, 155/105 lbs

+ Optional Accessory GW

Friday 16

EMOM30 of:

1 Hang Power Snatch, pick load

+ Optional Accessory W

Saturday 17

3 rounds for time of:

15 Thrusters, 95/65 lbs

12/8 Air Bike Calories

+ Optional Accessory MW

CrossFit Finchpin



12 September 2022